

# Year in Review 07-08

Employee health and fitness programs continued at the Laboratory's Wellness Center as part of the Lab's Occupational Medicine Health Promotion program. Class topics include disease management (diabetes, for example), injury prevention, nutrition, stress management and professional development, fitness topics, nutrition, and weight management.

The "Start Walking" program helps employees walk their way to health and fitness. (see NewsBulletin)

A nutrition program encourages healthy eating. (see NewsBulletin)

The Diabetes Fair shares important nutrition, health information. (see NewsBulletin)

Stress management classes help employees avoid negative effects of stress. (see NewsBulletin)

Brain fitness training includes exercises to keep cognitive skills sharp. (see NewsBulletin)

Employee health education and fitness programs continue to promote wellness